



The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible

Dr Peter J. D'Adamo, Catherine Whitney

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What's Your GenoType?

GenoType 1

The Hunter

Tall, thin, and intense, with an overabundance of adrenaline and a fierce, nervous energy that winds down with age, the Hunter was originally the success story of the human species. Vulnerable to systemic burnout when overstressed, the Hunter's modern challenge is to conserve energy for the long haul.

GenoType 2

The Gatherer

Full-figured, even when not overweight, the Gatherer struggles with body image in a culture where thin is "in." An unsuccessful crash dieter with a host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished.

GenoType 3

The Teacher

Strong, sinewy, and stable, with great chemical synchronicity and stamina, the Teacher is built for longevity—given the right diet and lifestyle. This is the genotype of balance, blessed with a tremendous capacity for growth and fulfillment.

GenoType 4

The Explorer

Muscular and adventurous, the Explorer is a biological problem solver, with an impressive ability to adapt to environmental changes, and a better than average capacity for gene repair. The Explorer's vulnerability to hormonal imbalances and chemical sensitivities can be overcome with a balanced diet and lifestyle.

GenoType 5

The Warrior

Long, lean, and healthy in youth, the Warrior is subject to a bodily rebellion in midlife. With the optimal diet and lifestyle, the Warrior can overcome the quick-aging metabolic genes and experience a second, "silver," age of health.

GenoType 6

The Nomad

A GenoType of extremes, with a great sensitivity to environmental conditions—especially changes in altitude and barometric pressure, the Nomad is vulnerable to neuromuscular and immune problems. Yet a well-conditioned Nomad has the enviable gift of controlling caloric intake and aging gracefully.

The author of the international bestseller *Eat Right 4 Your Type* again breaks new ground with the first diet plan based on your unique genetic code.

With *Eat Right 4 Your Type* and additional books in the Blood Type Diet® series, Dr. Peter J. D'Adamo pioneered a new, revolutionary approach to dieting—one linked to a person's blood type. In the GenoType Diet, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D'Adamo offers a customized program that compliments your genetic makeup to maximize health and weight loss, as well as prevent or even reverse disease. In simple, concise prose, Dr. D'Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and silencing the bad ones. Your health risks, weight, and life span can all be improved by following *The GenoType Diet* that's right for you.

Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D'Adamo shows you how to map out your genetic identity and discover which of the six GenoType plans you should follow. Without expensive tests or a visit to the doctor, *The GenoType Diet* reveals previously hidden genetic strengths and weaknesses and provides a precise diet and lifestyle plan for every individual. Based on the latest and most cutting-edge genetic research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

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Maria Bruns:

Reading can called imagination hangout, why? Because when you find yourself reading a book especially book entitled The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible the mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely will become your mind friends. Imaging each word written in a publication then become one application form conclusion and explanation that maybe you never get prior to. The The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible giving you one more experience more than blown away the mind but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Sun Byrd:

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John Olive:

As a university student exactly feel bored in order to reading. If their teacher inquired them to go to the library or make summary for some reserve, they are complained. Just minor students that has reading's spirit

or real their interest. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading really. Any students feel that looking at is not important, boring and can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible can make you truly feel more interested to read.

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